

Pool Schedule Summer 2015

May 24 - August 15 (Schedule Subject to Change)

	Diver:	I are David	Zana Danah	Clida	David Control	Continue Brown and and
	<u>River</u> Adult Only	<u>Lap Pool</u> 3 Lanes Available	Zero Depth Closed	<u>Slide</u> Closed	Rope Closed	Swim Programs Swim Lessons
MONDAY	5:30 - 7:00 am	5:30 - 8:00 am H20 Aerobics	5:30 - 11:00am	5:30 - 11:00 am	5:30 am - 1:00 pm Open	8:00 - 10:15 am Adult Swim Lessons
	Hydro Pump 7:00 - 8:00 am	8:00 - 9:00 am	Open Swim 11:00 am - 8:30 pm	Open 11:00 am - 8:00 pm	1:00 - 3:00 pm	7:15 - 8:00 pm
	Closed 8:00-11:00 am	Low Impact		Closed 8:00 - 8:30 pm	Closed 3:00 - 8:30 pm	Junior Guard (June 8-July 11) 10:30 am - 1:30 pm
	Open Swim	9:15 - 10:15 am 2 Lanes Available		6.00 - 6.50 pm	3.00 - 8.30 pm	10.50 aiii - 1.50 piii
	11:00 am - 8:30 pm	10:15-1:00 pm Open Swim				
		1:00 - 4:00 pm				
		2 Lanes Available 4:00 - 6:00 pm				
		H20 Aerobics				
		6:00 - 7:00 pm 1 Lane Available				
		7:00 - 8:30 pm		201.1		
	River Adult Only	<u>Lap Pool</u> 3 Lanes Available	Zero Depth_ Closed	<u>Slide</u> Closed	Rope Closed	Swim Programs Swim Lessons
	5:30 - 7:00 am	5:30 - 8:00 am	5:30 - 11:00 am	5:30 am - 11:00 am	5:30 am - 1:00 pm	8:00 - 10:15 am
	Hydro Pump 7:00 - 8:00 am	H20 Aerobics 8:00 - 9:00 am	Open Swim 11:00 am - 4:50 pm	Open 11:00 - 4:50 pm	Open 1:00 - 3:00 pm	Masters Swim 12:00 - 1:00 pm
	Closed	Low Impact	Closed 4:50 - 6:45 pm	Closed	Closed 3:00 - 7:00 pm	Swim Lessons 5:00 - 6:45 pm
≽	8:00 - 10:15 am Hydro Pump	9:15 - 10:15 am Deep Water	Open Swim	4:50 - 6:45 pm Open	Open	Stroke Clinic
	10:15-10:45 am Open Swim	9:45-10:15 am 2 Lanes Available	6:45 - 8:30pm	6:45 - 8:00 pm Closed	7:00 - 8:00 pm Closed	6:20 - 7:00 pm (June 9 - July 7)
TUESDAY	11:00 am - 4:50 pm	10:15 am - 12:00 pm		8:00 - 8:30 pm	8:00 - 8:30 pm	(Julie 5 - July 1)
5	Closed 4:50 - 6:00 pm	Master Swim Only 12:00 - 1:00 pm				
-	Hydro Pump	Open Swim				
	6:00 - 7:00 pm Open Swim	1:00 - 4:00 pm 1 Lanes Available				
	7:00 - 8:30 pm	4:00 - 7:00 pm				
		Open Swim 7:00 - 8:30 pm				
	River	Lap Pool	Zero Depth	Slide	Rope	Swim Programs
	Adult Only 5:30 - 7:00 am	3 Lanes Available 5:30 - 8:00 am	Closed 5:30 - 11:00am	Closed 5:30 - 11:00 am	Closed 5:30 am - 1:00 pm	Swim Lessons 8:00 - 10:15 am
	Hydro Pump	H20 Aerobics	Open Swim	Open	Open	Merit Badge
	7:00 - 8:00 am Closed	8:00 - 9:00 am Low Impact	11:00 am - 8:30 pm	11:00 am - 8:00 pm Closed	1:00 - 3:00 pm Closed	Contact 303.926.2563 to schedule date
WEDNESDAY	8:00-11:00 am	9:15 - 10:15 am		8:00 - 8:30 pm	3:00 - 8:30 pm	and time
S	Open Swim 11:00 am - 8:30 pm	2 Lanes Available 10:15-1:00 pm				Junior Guard (June 8-July 11) 10:30 am - 1:30 pm
		Open Swim				
16		1:00 - 4:00 pm Splash Dance				
		4:00 - 5:00 pm				
>		2 Lanes Available 5:00 - 6:00 pm				
		H20 Aerobics				
		6:00 - 7:00 pm 1 Lane Available				
		I Lanc Available				
	River	7:00 - 8:30 pm	Zero Denth	Slide	Rone	Swim Programs
	River Adult Only	7:00 - 8:30 pm <u>Lap Pool</u> 3 Lanes Available	Zero Depth Closed	<u>Slide</u> Closed	<u>Rope</u> Closed	Swim Programs Swim Lessons
	Adult Only 5:30 - 7:00 am	7:00 - 8:30 pm <u>Lap Pool</u>		Closed 5:30 am - 11:00 pm	Closed 5:30 am - 1:00 pm	Swim Lessons 8:00 - 10:15 am
	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am	7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am	Closed 5:30 - 11:00 am Open Swim 11:00 am - 4:50 pm	Closed 5:30 am - 11:00 pm Open 11:00 - 4:50 pm	Closed 5:30 am - 1:00 pm Open 1:00 - 3:00 pm	Swim Lessons 8:00 - 10:15 am Masters Swim 12:00 - 1:00 pm
	Adult Only 5:30 - 7:00 am Hydro Pump	7:00 - 8:30 pm <u>Lap Pool</u> 3 Lanes Available 5:30 - 8:00 am H20 Aerobics	Closed 5:30 - 11:00 am Open Swim 11:00 am - 4:50 pm Closed 4:50 - 6:45 pm	Closed 5:30 am - 11:00 pm Open	Closed 5:30 am - 1:00 pm Open	Swim Lessons 8:00 - 10:15 am Masters Swim 12:00 - 1:00 pm Swim Lessons 5:00 - 6:45 pm
λt	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Closed 8:00 - 10:15 am Hydro Pump	7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:15 - 10:15 am Deep Water	Closed 5:30 - 11:00 am Open Swim 11:00 am - 4:50 pm Closed 4:50 - 6:45 pm Open Swim	Closed 5:30 am - 11:00 pm Open 11:00 - 4:50 pm Closed 4:50 - 6:45 pm Open	Closed 5:30 am - 1:00 pm Open 1:00 - 3:00 pm Closed 3:00 - 7:00 pm Open	Swim Lessons 8:00 - 10:15 am Masters Swim 12:00 - 1:00 pm Swim Lessons 5:00 - 6:45 pm Stroke Clinic
DAY	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Closed 8:00 - 10:15 am Hydro Pump 10:15-10:45 am Open Swim	7:00 - 8:30 pm	Closed 5:30 - 11:00 am Open Swim 11:00 am - 4:50 pm Closed 4:50 - 6:45 pm	Closed 5:30 am - 11:00 pm Open 11:00 - 4:50 pm Closed 4:50 - 6:45 pm	Closed 5:30 am - 1:00 pm Open 1:00 - 3:00 pm Closed 3:00 - 7:00 pm	Swim Lessons 8:00 - 10:15 am Masters Swim 12:00 - 1:00 pm Swim Lessons 5:00 - 6:45 pm
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THURS	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Closed 8:00 - 10:15 am Hydro Pump 10:15-10:45 am Open Swim 11:00 am - 4:50 pm Closed 4:50 - 6:00 pm Hydro Pump 6:00 - 6:30 pm Open Swim 6:45 - 8:30 pm	7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:15 - 10:15 am Deep Water 9:45-10:15 am 2 Lanes Available 10:15 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available 4:00 - 6:30 pm Deep Water 6:30 - 7:00 pm Open Swim 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics	Closed 5:30 - 11:00 am Open Swim 11:00 am - 4:50 pm Closed 4:50 - 6:45 pm Open Swim 6:45 - 8:30pm Zero Depth Closed 5:30 - 9:00 am Open Swim/No features	Closed 5:30 am - 11:00 pm Open 11:00 - 4:50 pm Closed 4:50 - 6:45 pm Open 6:45 - 8:00 pm Closed 8:00 - 8:30 pm Slide Closed 5:30 am - 11:00 pm Open	Closed 5:30 am - 1:00 pm Open 1:00 - 3:00 pm Closed 3:00 - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rope Closed Closed 5:30 am - 1:00 pm	Swim Lessons 8:00 - 10:15 am Masters Swim 12:00 - 1:00 pm Swim Lessons 5:00 - 6:45 pm Stroke Clinic 6:20 - 7:00 pm (June 9 - July 9) Swim Programs Kids' Triathlon Training
THURS	Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Closed 8:00 - 10:15 am Hydro Pump 10:15-10:45 am Open Swim 11:00 am - 4:50 pm Closed 4:50 - 6:00 pm Hydro Pump 6:00 - 6:30 pm Open Swim 6:45 - 8:30 pm River Adult Only 5:30 - 7:00 am Hydro Pump 7:00 - 8:00 am Adult Only	7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact 9:15 - 10:15 am Deep Water 9:45-10:15 am 2 Lanes Available 10:15 am - 12:00 pm Master Swim Only 12:00 - 1:00 pm Open Swim 1:00 - 4:00 pm 1 Lanes Available 4:00 - 6:30 pm Deep Water 6:30 - 7:00 pm Open Swim 7:00 - 8:30 pm Lap Pool 3 Lanes Available 5:30 - 8:00 am H20 Aerobics 8:00 - 9:00 am Low Impact	Closed 5:30 - 11:00 am Open Swim 11:00 am - 4:50 pm Closed 4:50 - 6:45 pm Open Swim 6:45 - 8:30 pm Zero Depth Closed 5:30 - 9:00 am Open Swim/No features 9:00 - 10:15 am Open swim	Closed 5:30 am - 11:00 pm Open 11:00 - 4:50 pm Closed 4:50 - 6:45 pm Open 6:45 - 8:00 pm Closed 8:00 - 8:30 pm Slide Closed 5:30 am - 11:00 pm Open 11:00 - 6:00 pm Closed	Closed 5:30 am - 1:00 pm Open 1:00 - 3:00 pm Closed 3:00 - 7:00 pm Open 7:00 - 8:00 pm Closed 8:00 - 8:30 pm Rope Closed 5:30 am - 1:00 pm Open 1:00 - 3:00 pm	Swim Lessons 8:00 - 10:15 am Masters Swim 12:00 - 1:00 pm Swim Lessons 5:00 - 6:45 pm Stroke Clinic 6:20 - 7:00 pm (June 9 - July 9) Swim Programs Kids' Triathlon Training 10:00 - 11:00 am
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SWIMMING LESSON CLASS DESCRIPTIONS

PARENT & CHILD AGES 6 MONTHS - 3

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:8 teacher to student ratio.

Swim - Parent & Child 1 (ages 6 mos. - 24 mos.)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 mos. - 3)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 mos. - 3)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

PRESCHOOL AGES 3 - 5

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:4 teacher to student ratio

Preschool I

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support. Prerequisite: Child must be ready to participate in a group setting.

Preschool 2

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

<u>Prerequisite:</u> Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Preschool 3

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development. Prerequisite: Pass Preschool 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

YOUTH AGES 6 - 16

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:6 teacher to student ratio.

Level 1: Introduction to Water Skills

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Prerequisite: Child must be ready to participate in a group setting.

Level 2: Fundamental Aquatic Skills

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

<u>Prerequisite:</u> Pass Level 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Level 3: Stroke Development

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

<u>Prerequisite:</u> Pass Level 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

Level 4: Stroke Improvement

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

<u>Prerequisite:</u> Pass Level 3; OR Swim 15 yards front crawl with rotary breathing.

Level 5: Stroke Refinement

Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, sidestroke, and elementary backstroke) and increase their distances. Flip turns for the front crawl and back crawl will also be introduced.

Prerequisite: Pass Level 4; OR Swim 25 yards front and back crawl.

Level 6: Stroke Clinic

Stroke Clinic is designed for swimmers who can swim at least 50 meters. Stroke Clinic will refine your swimming skills for lifelong success in the water. Whether you are refining your strokes to become a lifeguard, join a swim team, or just learn to swim efficiently, this class is for you. This is a 45 minute class.

Registration windows are as follows:

Monday through Thursday sessions					
	Registration Opens:		Registration		
Session dates:	Resident	Non-	will close at		
		Resident	12:00 p.m. on:		
June 1 - June 11	18-Apr	25-Apr	29-May		
June 15 - June 25	6-Jun	8-Jun	12-Jun		
June 29 - July 9	20-Jun	22-Jun	26-Jun		
July 13 - July 23	4-Jul	6-Jul	10-Jul		
July 27 - August 6	18-Jul	20-Jul	24-Jul		

Tuesday and Thursday Sessions							
	Registrati	Registration					
Session dates:	Resident	Non-	will close at				
		Resident	12:00 p.m. on:				
June 2 - June 18	18-Apr	25-Apr	29-May				
June 23 - July 16	12-Jun	15-Jun	19-Jun				
July 21 - August 6	4-Jul	6-Jul	17-Jul				

Saturday Sessions						
	Registration Opens:		Registration			
Session dates:	Resident	Non-	will close at			
		Resident	5:00 p.m. on:			
June 6 - August 8	18-Apr	25-Apr	1-Jun			